

Wellness inventory final evaluation

| My wellness scores | before the course | after the course |
|------------------------------|--------------------------|-------------------------|
| Self-responsibility and love | _____ | _____ |
| Breathing | _____ | _____ |
| Sensing | _____ | _____ |
| Eating | _____ | _____ |
| Moving | _____ | _____ |
| Feeling | _____ | _____ |
| Thinking | _____ | _____ |
| Playing and working | _____ | _____ |
| Communicating | _____ | _____ |
| Intimacy | _____ | _____ |
| Finding meaning | _____ | _____ |
| Transcendence | _____ | _____ |

Q1) How would you describe your current wellness wheel? What is the difference between the wheel you did before and after the course?

Q2) How could you apply what you have learnt in the course? Start with what you learnt about each dimension and then think of personal changes and challenges you could make in that area.

(If you need a little reminder about the dimensions, see http://www.wellpeople.com/Wellness_Dimensions.aspx)

Self-responsibility and love

Breathing

Sensing

Eating

Moving

Feeling

Thinking

Playing and working

Communicating

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Q3) What are the 3 dimensions you will focus on after you get back home? Why? How?

Pick three the most interesting dimensions for you and create your personal wellness plan.

Dimension 1: _____

Why will you focus on this dimension?

How will you do it? (If you want, [set up a SMART goal](#) for yourself.)

Dimension 2: _____

Why will you focus on this dimension?

How will you do it?

Dimension 3: _____

Why will you focus on this dimension?

How will you do it?

Q4) How did you like the subject? What worked well? What would you suggest to change? Any message for Jana? :)